

**"We are not asking you to find the Master—Be the Master."**

—Yogi Bhajan, Teacher Training 1997



**Yogi Bhajan  
1929-2004**

**Yogi Bhajan**, Master of Kundalini Yoga, arrived in the United States in 1969 with a stated purpose: *"I have come to create Teachers, not to gather disciples."* For over 30 years, he traveled internationally teaching Kundalini Yoga, the Yoga of Awareness. In 1969 Yogi Bhajan founded 3HO—Happy, Healthy, Holy Organization, based on his first principle *"Happiness is your birthright."* **The Aquarian Teacher Program** of the Kundalini Research Institute (KRI) has trained thousands of KRI Certified Kundalini Yoga Teachers. In 1994, the International Kundalini Yoga Teachers Association, (IKYTA), was formed to further spread these priceless teachings through the united efforts of Kundalini Yoga teachers worldwide.

***"If you want to learn something, read about it.  
If you want to understand something, write about it.  
If you want to master something, teach it."***

—YOGI BHAJAN

**THE TRAINING TEAM**



**GURU RAJ KAUR**

**LEAD, LEVELS ONE & TWO TRAINER**

The team is led by Guru Raj Kaur Khalsa. She is founder/director of 3HO Vancouver and brought Kundalini Yoga to Vancouver 38 years ago. She has been training teachers for 20 years. She serves on the International KRI Teacher Training Executive Council, and is director of Khalsa Ladies Camp.



**BIR KAUR**

**PROFESSIONAL TRAINER**

Bir Kaur has been instrumental in the development of Teacher Training in Vancouver over many years. She is a leader of the new generation of Kundalini Yoga Teachers dedicated to the transformative process of creating teachers. She is a Director of 3HO Vancouver.



**HARI SINGH**

**PROFESSIONAL TRAINER**

Manager of Yoga West, Vancouver, and one of Yogi Bhajan's original students, he has been studying and spreading the teachings of Kundalini Yoga for over 38 years. He is committed to sharing the essence of the teachings of Yogi Bhajan to create fulfillment for each individual in spirit, vitality and life.



**DR. HARI DASS SINGH**

**LEVEL ONE TRAINER**

Dr. Hari Dass Singh is part of our team. He has been a skillful and sensitive Kundalini Yoga Teacher and Trainer, and chiropractic physician in the Portland, Oregon area for over 25 years. He has been part of Vancouver Teacher Training Team for over 11 years.

***This highly experienced  
Team is excited about  
bringing their first class  
Aquarian Teacher pro-  
gram to the Okanagan!***

***After being offered for 20 years in Vancouver, this  
outstanding program now offered in the Okanagan!***

# **Kundalini Yoga Teacher Training**

# **The Aquarian Teacher**

## **KRI LEVEL ONE TEACHER TRAINING PROGRAM**



## **OKANAGAN, B.C., CANADA October 2011 through May 2012**

**220-hour Internationally Certified Program**

**Local Co-ordinator: Haribhajan Singh 250-809-8016 • haribhajan@catalystyogi.com**

**or contact: Bir Kaur 604-617-3422 • birkaurko@gmail.com**

**More details: [www.catalystyogi.com](http://www.catalystyogi.com) or [yogawest.ca](http://yogawest.ca)**



## COURSE CURRICULUM

- Posture (*asana*), sets (*kriyas*), sound (*mantra*), breath (*pranayam*)
- Understanding the mind through meditation
- Yogic and Western anatomy
- Use of ancient techniques of mantra and sacred sound
- Humanology and 3HO yogic lifestyle
- Chakra system
- Healing yogic foods and herbs
- Yogi Bhajan lecture & meditation DVD classes
- Yogic history, philosophy and psychology
- Self-transformation to the consciousness, essence and projection (identity) of a Teacher
- How to prepare and teach Kundalini yoga classes
- How to present yourself professionally as a Teacher

## REQUIREMENTS FOR CERTIFICATION

To successfully complete the course, students are required to:

- Attend *all* class hours
- Attend a minimum of 20 Kundalini Yoga classes *during* the course outside of class time
- Complete an assigned 40 day meditation and all other assigned meditations
- Complete regular homework assignments
- Complete 15 Aquarian *Sadhanas* (early morning yoga practice), including 10 group *sadhanas*
- Complete 1 White Tantric Yoga workshop
- Satisfactory performance in a supervised Yoga Class Practicum
- Passing grade on the written final exam
- Mandatory Entrance and Exit Interview where applicable
- Participation in two of four Yoga Practice Sessions (these occur outside of class time)
- Acceptable representation of the Kundalini Yoga Code of Professional Standards and readiness to be a Kundalini Yoga Instructor as determined by KRI and the Teacher Training Team
- Complete a confidential evaluation of the program and the Trainers
- Recommendation of the Lead Trainer for certification

In addition to classes, the curriculum and schedule devote a substantial amount of time and focus to assigned meditations, reading, written work, and practice teaching sessions.

A mandatory entrance interview will be scheduled after receipt of your registration package.



## LOCATION

All classes will be held at:

Naramata Community Church  
3740 3rd Street  
Naramata, B.C.

## COURSE DATES

October 29 - November 3, 2011

March 17 - 21, 2012

January 7 - 11, 2012

May 26 - 30, 2012

Practice Sessions & Practicum Days

Nov 4, Jan 12, Mar 22, May 31

WHITE TANTRIC YOGA DAY (Vancouver)

December 10, 2011 — 8:00am - 6:00pm

Dates for your personal Entrance & Exit Interviews, Practice Sessions & Practicum will be arranged subsequent to registration.

## COST

- Total cost for the program is **\$3500**. *Note:* This does *not* include the price of books nor the price of the White Tantric Yoga course (total: approximately \$360).
- Yoga West is registered with the province as a post secondary education institution. Students receive a T2202A form which allows claiming the program on your taxes.

*Included in the course:*

- Course fees for all instruction
- A one-year Membership to IKYTA (see: [www.kundaliniyoga.com](http://www.kundaliniyoga.com))
- A discount of 20% is available to full-time students and seniors

## PAYMENT SCHEDULE & REGISTRATION

Submitted with your application: a non-refundable fee of \$100

### BALANCE OF PAYMENT

**Schedule A:** Total Tuition: \$3400 (not including deposit). By October 21, 2011

**Schedule B:** Total Tuition: \$3550 (not including deposit) (Admin fee for payment plan is \$150)

**By October 21, 2011:** \$1900 / **by December 16, 2011:** \$825 / **By March 18, 2012:** \$825

(All future payments must be made by post-dated cheques OR post-dated credit card authorizations by Oct 21, 2011).